न जायते म्रियते वा कदाचित्
नायं भूत्वा भविता वा न भूयः ।
अजो नित्यः शाश्वतोऽयं पुराणो
न हन्यते हन्यमाने शरीरे ॥

ॐ

कर्मण्येवाधिकारस्ते
मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा
ते संङ्गोऽस्त्वकर्मणि ॥

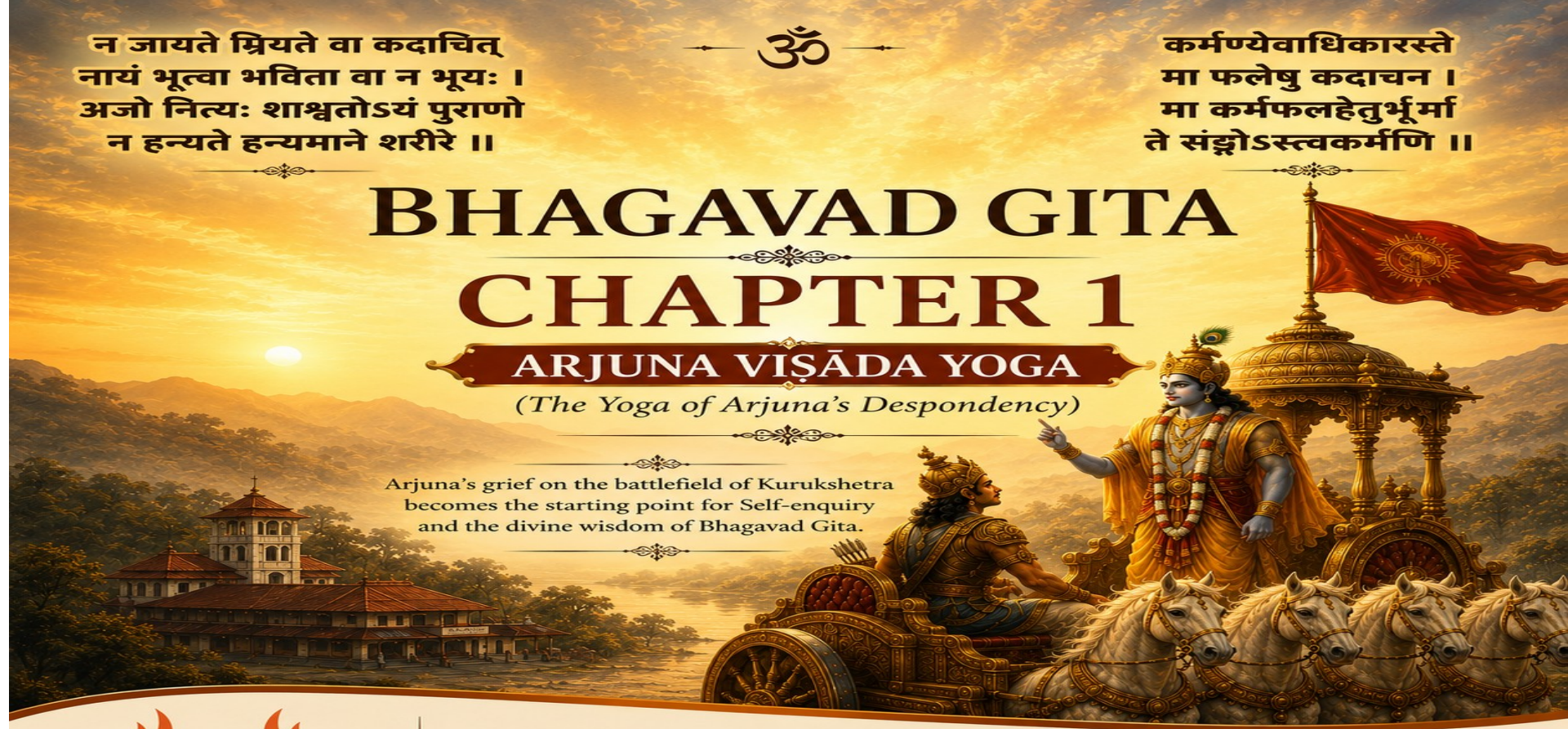
# BHAGAVAD GITA

# CHAPTER 1

## ARJUNA VIṢĀDA YOGA

*(The Yoga of Arjuna's Despondency)*

Arjuna's grief on the battlefield of Kurukshetra becomes the starting point for Self-enquiry and the divine wisdom of Bhagavad Gita.



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# BHAGAVAD GITA
# CHAPTER 1

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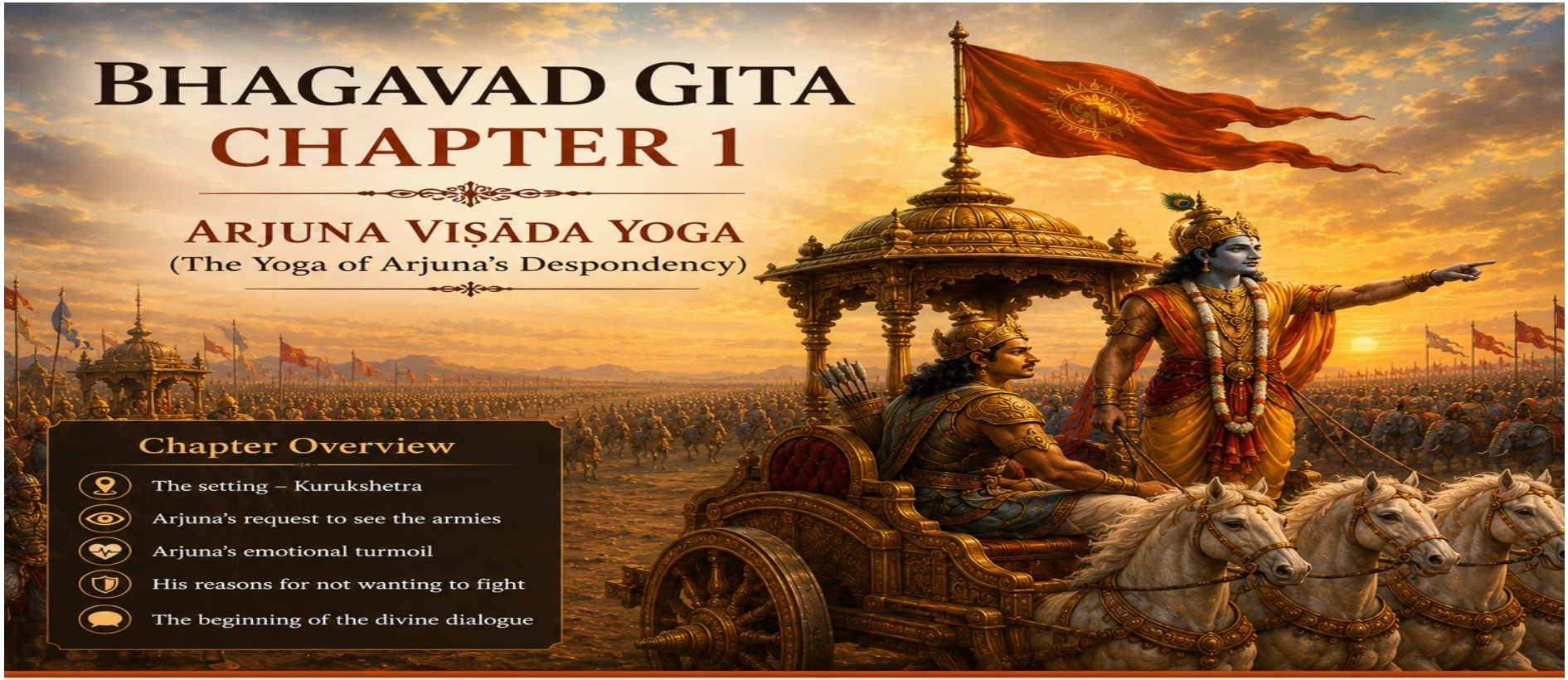
(The Yoga of Arjuna's Despondency)



### Chapter Overview

- The setting – Kurukshetra
- Arjuna's request to see the armies
- Arjuna's emotional turmoil
- His reasons for not wanting to fight
- The beginning of the divine dialogue

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# What is Arjuna Viṣāda Yoga?

- The first chapter of the Bhagavad Gita.
- "Viṣāda" means grief or despair.
- It presents Arjuna's emotional crisis before the Mahabharata war.
- This grief becomes the starting point for Self-enquiry and spiritual wisdom

**Key Verse**

- "Dharmakshetre Kurukshetre..."

# Historical Background

**The Battlefield of Kurukshetra:**

- Pandavas and Kauravas prepare for war.
- Dhritarashtra asks Sanjaya to narrate the events.
- Sanjaya describes the armies and the beginning of the great battle.

# Main Characters

## Important Personalities

- Lord Krishna
- Arjuna
- Dhritarashtra
- Sanjaya
- Duryodhana
- Bhishma
- Dronacharya

# Arjuna's Request

## Place My Chariot Between the Armies

Arjuna asks Krishna to position the chariot between both armies so that he may observe those assembled for battle.

## Instead of enemies, he sees

- Teachers
- Grandfathers
- Brothers
- Friends
- Relatives

# Arjuna's Emotional Collapse

**The Beginning of Grief**

Arjuna experiences

- Compassion
- Fear
- Moral conflict
- Attachment
- Confusion

Physical symptoms include

- Trembling
- Dry mouth
- Gandiva slipping from his hand
- Inability to stand

# Why Doesn't Arjuna Want to Fight?

**Arjuna gives several arguments:**

- Killing relatives is sinful.
- Family traditions will perish.
- Society will decline.
- Victory gained through bloodshed has no value.
- Better to die than destroy one's own family.

# Swami Bhoomananda's Central Teaching

**Transforming Grief into Yoga**

According to Swami Bhoomananda,

Grief is produced by a disturbed mind.

Intelligence alone can understand and resolve grief.

# Why is it Called "Viṣāda Yoga"?

Ordinarily,

- Grief weakens us.

Spiritually,

- Arjuna's grief leads him to seek guidance.
- His despair opens the door to Self-knowledge.
- Thus grief itself becomes Yoga.

# Lessons for Modern Life

Every person has an inner Kurukshetra.

We face

- **Difficult decisions**
- **Emotional struggles**
- **Family conflicts**
- **Ethical dilemmas**
- **Professional challenges**

The Gita teaches that these crises can become opportunities for inner growth.

# Key Takeaways

Grief is natural.

✓ Attachment clouds judgment.

✓ Wisdom begins with honest questioning.

✓ Self-enquiry transforms suffering.

✓ The Bhagavad Gita begins where human certainty ends.

# Conclusion

**From Despair to Wisdom**

- Chapter 1 does not provide answers.
- It presents the problem.
- Arjuna's surrender prepares him to receive Krishna's timeless teachings in the chapters that follow.

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